

**ADDRESSING SUICIDAL BEHAVIOR: STRATEGIES FOR ASSESSMENT,
CRISIS INTERVENTION AND TREATMENT**

DATE & TIME: February 3, 2016

9:00 AM – 4:30 PM

All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: Superior Court of California
600 Commonwealth Ave, 2nd Floor Room 113
Los Angeles, CA 90005

PARKING: Free parking at DMH Parking Structure (2 block walk)
523 Shatto Place (floors 3-8), Los Angeles, CA 90020
On Site Parking: \$16 per day

The goal of this training is to introduce participants to Cognitive Behavioral Therapy (CBT) techniques as a suicide prevention tool. This training will provide an overview on perceptions, stigma, and risk factors of suicide. The etiology and presentation of suicidality and best practices for safety planning will also be addressed. Additionally, the presenters will discuss current research on suicide and suicide prevention, as well as identify the most current resources on suicide. The training will offer a hands-on role playing component which will give participants the opportunity to practice suicide assessment, CBT techniques and safety planning with situations specific to the community mental health setting.

TARGET AUDIENCE: DMH directly operated and DMH contract adult providers only

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Articulate common misperceptions about suicide and suicide attempts.
2. Discuss some of the negative consequences of the stigma associated with suicide and suicide attempts.
3. List several warning signs for suicide.
4. Summarize at least one psychological theory of suicide risk.
5. Assess risk for suicide that is sensitive to both proximal and distal risk factors.
6. Explain Cognitive Therapy for Suicide Protocol for the treatment of suicidal behaviors.

CONDUCTED BY: Sharon Birman, Psy.D

COORDINATED BY: Stephanie Maruska, M.A., Training Coordinator
smaruska@dmh.lacounty.gov

DEADLINE: When maximum capacity is reached

CONTINUING EDUCATION: 6.0 CEUs for BBS, BRN and CAADAC
6.0 CEs for Psychologist

COST: NONE

DMH Employees register at:
<http://learningnet.lacounty.gov>

Contract Providers complete
attached training application

☐ Cultural Competency ☐ Pre-licensure ☐ Law and Ethics ☐ Clinical Supervision ☒ General



County of Los Angeles Department of Mental Health
NON-DMH STAFF TRAINING APPLICATION FORM
Please Print or Type



Instructions

Each individual must complete a separate application form for each training he/she wishes to attend. Please complete the application in full. Applications will not be processed with incomplete or inaccurate information. Notification of registration confirmation for a training will be provided by the training coordinator. Unless otherwise specified, walk-in registrations will not be admitted.

For trainings, sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be permitted.

This form is not to be used for LPS Designation Training. The LPS Application is available at lacdmh.lacounty.gov/training&workforce.html.

Training Title(as in DMH bulletin) **ADDRESSING SUICIDAL BEHAVIOR: STRATEGIES FOR ASSESSMENT, CRISIS INTERVENTION AND TREATMENT**

Date(s) **February 3, 2016**

Training Coordinator: **Stephanie Maruska, MA**

County Employee Number

(non-county employees supply the last four digits of the SSN)

Name

Program, Service or Agency

Job Title

Address

City

Zip Code

Telephone

Email

License or Credential Number(s) (complete as many as applicable)

CAADAC

LCSW

LPT

LVN

MD

MFT

Psychologist

RN

Supervisor's Approval (Applications will not be processed if not signed by supervisor)

Print Supervisor Name

Supervisor's Signature

For processing, please return Application to:
Los Angeles County-Department of Mental Health
Adult System of Care (ASOC)
550 S. Vermont Ave, 3rd Floor
Los Angeles, CA 90020

Fax: 213.427.6178

Phone: 213.738.3077

Email: smaruska@dmh.lacounty.gov

(When faxing, there is no need to use a cover sheet)